US · English (United States)

# Recovery Kernel — Introduction Ritual Type Card

Pass 4 pilot — localized participant language

## WHAT KIND OF BRAIN DO YOU HAVE?

Read both descriptions. Check the one that fits — or the combination that fits.

### Editorial note

This card adapts the Type Card and introduction language from the source Introduction Ritual document.

**Palette: #0B3D91 accent.**

## THE FOUR-LINE INTRODUCTION

- **My name is [first name].**
- **I am [brain type].**
- **My Thrills of Choice include [modern thrills].**
- **Right now I'm working on [one thing].**

| BRAIN TYPE | GROUP RESPONSE |
|---|---|
| **Warrior** | Channel it. |
| **Worrier** | We've got you. |
| **Warrior-Worrier** | You've got range. |
| **MTHFR** | We're rebuilding with you. |
| **Depleted Worrier** | We go slow and we go together. |
| **Understimulated Warrior** | We'll find you a real mountain. |
| **I don't know my type yet.** | You will. We'll figure it out together. |